## Claims

## What is claimed is:

- A hand shield adapted for use with a hockey stick, comprising:
   a flexible shield portion having a convex outer surface and an opening configured
- 5 to accommodate a portion of a hockey stick that may be passed therethrough; and an interior grip portion connected to said shield portion and extending away from said shield portion and configured so as to slidably embrace said hockey stick.
  - 2. The hand shield as set forth in claim 1 wherein said interior grip portion extends away from the perimeter of said opening.
- 10 3. The hand shield as set forth in claim 1 wherein said interior grip portion comprises a plurality of generally parallel flexible tabs.
  - 4. The hand shield as set forth in claim 1 wherein said opening is generally rectangular.
- The hand shield as set forth in claim 1 wherein said opening is configured so as
   to accommodate multiple cross-sectional configurations of said hockey stick.
  - 6. The hand shield as set forth in claim 5 wherein said configurations are a rectangular cross-section, a polygonal cross-section, a circular cross-section and an oval cross-section.
- 7. The hand shield as set forth in claim 1 adapted for use with a hockey stick having
  20 a fixed butt end, wherein the perimeter of said opening is configured such that said hockey stick may be passed through said opening.
  - 8. The hand shield as set forth in claim 1 wherein the perimeter of said opening is flexible.
  - 9. The hand shield as set forth in claim 1, further comprising a hockey stick.
- 25 10. The hand shield as set forth in claim 9 wherein said hockey stick comprises a shaft and a blade.